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#### Label information:

**" Multiple Vitamins & Minerals, All One, Active Seniors, 15.9 oz. Powder (450 g), 30 Day Supply  
Multiple Powders -The first 100% multivitamin/mineral dietary supplement in powder form**

#### Active Seniors

Derived from the sweet milk of pasture-grazed, New Zealand dairy cows, these high quality, lactose and fat-free proteins are certified to be free of synthetic growth hormones.

This timely formula is the same as Original ALL ONE, except that it has been fortified even further with nutrients shown by research to be most important for active adults. Ginkgo Biloba is included because the phytochemicals in the leaves of this ancient tree have an affinity for the capillaries in the brain. Here they promote the flow of oxygen-rich blood to neurons, supporting alertness and memory. Co-Q10 is a potent antioxidant that offers important protection to the brain, liver and **heart** – organs where it is most concentrated. Co-Q10 is also vital to the production of cellular energy so the body synthesizes it. However, its ability to do so declines with age. Colon health depends on the beneficial bacteria that reside in the digestive tract. Over the years an unhealthy bacterial balance can develop in the colon. Nutraflora® FOS has been shown to nourish and increase good bacteria fivefold, when taken daily for a month. Numerous studies confirm the importance of getting enough calcium. Each daily serving of ALL ONE Active Seniors includes a generous 1125mgs of calcium to support healthy bones. The original ALL ONE rationale for an easily digestible powdered nutritional supplement becomes even more compelling as we get older, because the digestive process becomes less efficient with age. This is serious nutrition for people who are serious about their health.

**One heaping tablespoon (15g) contains**

#### Vitamins

##### Amino Acids--

Food source whole proteins provide the following naturally occurring amino acids:

Isoleucine\*                      177 mg

Leucine*	389 mg
Lysine*	307 mg
Methionine*	82 mg
Cystine	88 mg
Phenylalanine*	114 mg
Tyrosine*	108 mg
Threonine*	216 mg
Valine*	167 mg
Tryptophan*	65 mg
Arginine	91 mg
Histidine	69 mg
Alanine	173 mg
Aspartic Acid	357 mg
Glutamic Acid	573 mg
Glycine	90 mg
Proline	173 mg
Serine	177 mg

\*Essential Amino Acids

Vitamin A 10,000 IU  
Beta Carotene 1,000 IU  
Vitamin D 500 IU  
Vitamin E 400 IU  
Vitamin C 1,000 mg  
Vitamin B-1 25 mg  
Vitamin B-2 25 mg  
Vitamin B-6 25 mg  
Vitamin B-12 100 mcg  
Niacinamide 100 mg  
Pantothenic Acid 100 mg  
Biotin 25 mcg  
Folic Acid 400 mcg  
Vitamin K 5 mcg

Minerals

Calcium 1,125 mg  
Phosphorus 314 mg  
Iodine 180 mcg  
Zinc 15 mg  
Magnesium 200 mg  
Potassium 124 mg  
Copper 0.2 mg  
Manganese 4 mg  
Selenium 50 mcg  
Chromium 50 mcg  
Molybdenum 50 mcg

Also Contains:

PABA 25 mg  
Choline 100 mg  
Inositol 100 mg  
Lemon Bioflavonoid Complex 400 mg  
Hesperidin Complex 25 mg  
Rutin 25 mg  
Lecithin 350 mg  
Reishi Mushroom Extract 5 mg  
Co Enzyme Q10 15 mg  
Fructooligosaccharide 1000 mg  
Ginkgo Biloba 25 mg  
Rice Bran 2580 mg

**Mixing Directions:** For best results, shake or blend a heaping tablespoon with your favorite juice.

**Children 4-12:** 2 teaspoons (7.5 grams)

**13-Adult:** 4 Teaspoons (15 grams)"

**Expiration date:** 2 years after the date of purchase.

**Brand:** All One  
15.9 oz. (450 grams)

**Suggested Retail Price: \$ 49.95**

ALL1-152-021 40.00, 2 for \$76.00

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